

The U.S. Army War College

presents the

MILITARY FAMILY PROGRAM

for

Academic Year 2001

Carlisle Barracks, Pennsylvania

VISION FOR MILITARY FAMILY PROGRAM

We will provide participants with innovative approaches to distaff and community problems through educational opportunities, and thereby reinforce our commitment to the relationship between readiness and military family issues.

We will achieve this leadership by:

- Promoting a culture that values all family members, regardless of spouse's rank. This culture encourages and rewards commitment to quality of life for military families, supports a balanced attention to work and family issues, and supports emerging leadership.
- Providing quality services that exceed the expectations of program participants by adapting to the ever-changing environment.
- Maintaining a close and strategic partnership with the DA Army Family Team-Building process, as well as other relevant organizations that serve family members.

We recognize that we can only attain this vision by continuing to develop an organization that values family members of all races, genders, levels, and cultures.

We want a program that family members are proud of and committed to, where all family members have an opportunity to contribute, learn, grow, and advance based on willingness and personal responsibility, not politics or background. We want family members to feel respected, treated fairly, listened to, and involved. Above all, we want satisfaction from accomplishments, balanced with friendships.

When we describe the kind of Military Family Program we want in the future, what we are talking about is building on the foundation and legacy we have inherited: affirming the best of military life traditions, closing the gaps that may exist between principles and practices, and updating some of our values to reflect contemporary situations.

MILITARY FAMILY PROGRAM

Strong support for families and family programs has been mandated by Army policy since the publication of the Chief of Staff of the Army's *White Paper 1983: The Army Family* and subsequently by yearly *Army Family Action Plans*. Evidence of this support is the *Army Family Team-Building Action Plan* that serves as a blueprint to prepare Army families for their roles in the contingency Army of the future. This action plan designates an overall coordinator for family programs, ensures strong chain-of-command support, provides progressive and sequential training for spouses at Total Army installations and training sites and for soldiers in the schoolhouse, and identifies the need to change systems that foster the concept of dependency.

The U.S. Army War College Military Family Program contributes to this ongoing commitment with two major objectives. The first is to reinforce the relationship between military family issues and readiness.

The second objective is to prepare U.S. Army War College students and their spouses for their future roles as senior leaders in developing and implementing personal, unit, and community family programs. To accomplish these objectives, a series of lectures, seminars, and workshops are presented throughout the academic year. All of these activities are open to spouses. Additionally, the program contributes to the family health of the Carlisle Barracks community.

This booklet and an orientation on 28 July 2000 will acquaint you with the USAWC Military Family Program and the Carlisle Barracks community programs. With a knowledge of the activities available, you can better plan for personal growth and family enrichment during your year at the Army War College.

MILITARY FAMILY PROGRAM ACTIVITIES ACADEMIC YEAR 2001

The activities of the Military Family Program are structured into four distinct categories. They encompass a series of lectures for students and spouses dealing with important family issues. The purpose of these lectures is to increase awareness of the family's own situation and to better prepare both the future senior leader and spouse for counseling of subordinates and their families. Many of the workshops target the personal growth and well being of the student and the student spouse during the academic year. They provide information and training in finance, wellness, interpersonal skills, and much more. These workshops and lectures are designed to help both the students and their spouses now and in all future endeavors. The specific activities in each module are listed below.

PERSONAL GROWTH AND FITNESS MODULE

- **Personal Affairs/Survivor Benefits - 7 September 2000**
(Voluntary for students and spouses.)
- **Women's Health Care Symposium - 26-27 September 2000**
(Voluntary for spouses.)
- **Men's Mid-Life Health Care Issues - 1 March 2001**
(Voluntary for students and spouses.)
- **Women's Mid-Life Health Care Issues - 13 March 2001**
(Voluntary for students and spouses.)
- **Protocol: Customs and Courtesies Workshop -**
10 April 2001
(Voluntary for spouses.)
- **Legal Issues for Spouses and Families - 19 April 2001**
(Voluntary for spouses.)

FAMILY GROWTH AND FITNESS MODULE

- **Myers-Briggs Type Indicator for Families - 29 August 2000**
(Voluntary for students and families.)
- **Family Transitions/Needs Assessment - 12 September 2000**
(Voluntary for spouses.)

- **Health Benefits Update - 19 September 2000**
(Voluntary for students and spouses.)
- **Caring for Aging Parents: Part I - 31 October 2000**
Part II - 27 February 2001
(Voluntary for students and spouses.)
- **Transitions: Couples, Companionship, and Family Life -**
7 November 2000
(Voluntary for students and spouses.)
- **Spiritual Health and Fitness - 13 February 2001**
(Voluntary for students and spouses.)
- **National Military Family Association Update -**
24 April 2001
(Voluntary for spouses.)

PERSONAL FINANCIAL MANAGEMENT MODULE

- **College Planning Panel - 5 October 2000**
(Voluntary for students and families.)
- **College Financing - 17 October 2000**
(Voluntary for students and families.)
- **Financial Management Building Block Approach -**
2 November 2000
(Voluntary for students and spouses.)
- **Financial Management: Long-Term Career and**
Budget Planning - 14 November 2000
(Voluntary for students and spouses.)
- **Financial Management: Developing a Plan for**
Investments and Savings - 5 December 2000
(Voluntary for students and spouses.)
- **Financial Management: Insurance, Retirement, and**
Estate Planning - 4 January 2001
(Voluntary for students and spouses.)

- **Real Estate Workshop - 9 January 2001**
(Voluntary for students and spouses.)
- **Marketing Yourself for a Second Career -**
25 January 2001
(Voluntary for students and spouses.)
- **Income Tax Preparation - 1 February 2001**
(Voluntary for students and spouses.)

STRATEGIC LEADERSHIP AND READINESS MODULE

- **Facilitating, Leadership, and Group Skills (FLAGS)**
Workshops -
29 January-2 February 2001
26 February-2 March 2001
26-30 March 2001
(Voluntary for spouses.)
- **Kirton Adaption-Innovation Inventory for Spouses -**
6 March 2001
(Voluntary for spouses.)
- **Senior Spouse Leadership Panel - 20 March 2001**
(Voluntary for spouses.)
- **Army Family Team-Building Senior Spouse Seminar -**
21-22 March 2001
(Voluntary for spouses.)
- **Family Support Groups - 3 April 2001**
(Voluntary for students and spouses.)
- **Advanced FLAGS Workshop - 24 April 2001**
(Voluntary for spouses.)

MILITARY FAMILY PROGRAM CALENDAR

Academic Year 2001

August 2000

7	Military Family Program Orientation
16	OWC Sign-up
29	Myers-Briggs Type Indicator for Families (Vol-Evening)

September 2000

7	Personal Affairs/Survivor Benefits (Vol-Evening)
12	Family Transitions/Needs Assessment (Vol-Spouses)
19	Medical Benefits Overview (Vol-Evening)
26-27	Women's Health Care Symposium (Vol-Spouses)

October 2000

5	College Planning Panel (Vol-Evening)
17	College Financing (Vol-Evening)
31	Caring for Aging Parents, Part I (Vol-Evening)

November 2000

2	Financial Planning Building Block Approach (Vol-Evening)
7	Transitions: Couples, Companionship, and Family Growth (Vol-Evening)
14	Long-Term Career and Budget Planning (Vol-Evening)

December 2000

5 Developing a Plan for Investments (Vol-Evening)

January 2001

4 Life Insurance, Retirement, and Estate
Planning (Vol-Evening)
9 Real Estate Workshop (Vol-Evening)
29-31 Facilitating, Leadership, and Group Skills
(FLAGS) Workshop--1st Session (Vol-
Spouses)
25 Marketing Yourself for a Second Career (Vol-
Evening)

February 2001

1 Income Tax Preparation (Vol-Evening)
1-2 Facilitating, Leadership, and Group Skills
(FLAGS) Workshop--1st Session (Vol-Spouses)
13 Spiritual Health and Fitness (Vol-Evening)
26-28 Facilitating, Leadership, and Group Skills
(FLAGS) Workshop--2nd Session (Vol-Spouses)
27 Caring for Aging Parents, Part II (Vol-Evening)

March 2001

1 Men's Mid-Life Health Care Issues (Vol-Evening)
1-2 Facilitating, Leadership, and Group Skills
(FLAGS) Workshop--2nd Session (Vol-
Spouses)
6 Kirton Adaption-Innovation Inventory for Spouses
(Vol-Spouses)
13 Women's Mid-Life Health Care Issues
(Vol-Evening)
20 Senior Spouse Leadership Panel (Vol-Spouses)
21-22 Army Family Team-Building Senior Spouse
Seminar (Vol-Spouses)
26-30 Facilitating, Leadership, and Group Skills
(FLAGS) Workshop--3rd Session (Vol-Spouses)

April 2001

3 Family Support Group Workshop (Vol-Spouses)
10 Protocol: Customs and Courtesies Workshop
(Vol-Spouses)
19 Legal Issues for Spouses (Vol-Spouses)
24 Advanced FLAGS Workshop (Vol-Spouses)

The military family resembles a mobile. This art form of rods, objects, and string is hung together with remarkable balance and flexibility. The mobile has the profound ability to react, always with poise, to changing circumstances, like the wind. As one part is altered, it gives kinetic energy to another part until the whole system moves to a beautiful and near-magical equilibrium. The same is true of the military family. When stresses are imposed, patterns of change are developed until the whole organism is brought back into balance. For most, this mobile-like equilibrium is possible because of, rather than in spite of, the special characteristics of military life.